A Comparative Study of Psychological Traits among KVS National Level Medalist and Non-Medalist Basketball, Volleyball and Handball Players

A

Synopsis Submitted to

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CHAPTER-I
INTRODUCTION

Psychology is the scientific study of the mind and behaviour. Psychology includes the study of conscious and unconscious phenomena, such as feelings and ideas. It is a vast topic of research with connections to both the social and natural sciences. As social scientists, psychologists work to understand both individual and group behaviours.

The study of psychology is a very interesting and difficult topic of study. It keeps moving forward at an escalating rate every year and keeps giving basic insights into the human condition. The field of psychology is quite promising. It gives the possibility of comprehending and bettering our lives, our society, and the environment. [Allport, F.H., (1924)

Sports psychology is an interdisciplinary branch of study that draws knowledge from a number of related fields, including biomechanics, physiology, kinesiology, and psychology. It involves looking at how psychological factors affect performance as well as how participating in sports and physical exercise impacts these factors. Sports psychologists teach players cognitive and behavioural strategies to improve their experience and performance in sports. (R.S. Weinberg)

The study of psychological and mental variables influencing involvement in sports, exercise, and physical activities, as well as the application of the information so acquired to everyday settings, is referred to as sports psychology. The study of sports psychology still benefits professional players as well as the sports community today. The importance of psychological elements for improving performance has been vehemently emphasised by numerous specialists. They argued that people's psychological makeup had an impact in addition to their physical and technological prowess.

A given conduct is the result of interactions between psychological factors. Anxiety related to athletic competition, motivation, self-concept, and aggression are a few crucial areas of research in the subject of sports psychology. The study of psychological phenomena is extremely difficult since a variety of internal and external factors affect an individual's conduct in a wide range of contexts. To determine and anticipate our success in the selected subject, we may, nevertheless, benefit greatly from a methodical approach to the study of the

factors that are antecedents of behaviour and subsequently lead to performance in a certain field.

Athletic competition Anxiety may either be a great motivator or it can get in the way of successful sporting achievements. It may be a powerful motivator for the athlete to work more, come up with new, better ways to enhance results, and help create objectives. The athlete who manages their anxiety in this way is always looking for methods to get better. This helps him improve his physical abilities and self-confidence while also lowering his anxiousness. As a demotivator, worry may obstruct both creative and productive thought. Athletes may try to cope with anxiousness by downplaying the importance of training hard. This could result in the formation of bad work habits or bad sports habits.

A motivational schemata based on interaction was given by Carron (1984). He emphasised that the combination of internal and environmental variables leads to motivation. While some of them might alter, others are less likely to do so. While others are unlikely to change, they are susceptible to change. For instance, it is possible to modify an athlete's intrinsic motivation, but it is more challenging to change a person's demand for accomplishment.

Basketball is an immensely popular sport in India, and plenty of young people play it all year round. Basketball is a quick-paced team sport that may be played both inside and outdoors. Each of the two teams consists of twelve players. Each team aims to defeat its opponents by scoring more baskets. Tony Hinkle introduced the orange ball that is now extensively used in basketball in the late 1950s while searching for a ball that would be more visible for players and spectators (Wilkes, G. 1997). The earliest basketballs made specifically for the sport were brown.

The sport of team handball, which is also referred to as continental, European, and Olympic handball, offers a variety of opportunities for school and community recreation programmes that have, up until now, been mostly unexplored in the English-speaking world. This sport, which derives from soccer but has been influenced by basketball, has developed into a distinctive Olympic sport that is second only to soccer in terms of popularity in Europe.

A handball game is fascinating to watch as well as pleasant to participate. The fast-paced play, quick breaks, swift and diverse hand motions in passes and shoots, breathtaking

leaps and dives into the air followed by the goalkeeper's quick reflexes are all enjoyed by both players and fans. In essence, it's a straightforward game that anyone of any age can pick up on their first try and enjoy. It is fundamentally a game of well-understood basics, even at the highest international level.

One of the few games that is simple to learn yet challenging to master is handball. The fundamental principles are simple to comprehend, and throughout play, a strategy may be created. A beginner of any age may play this game, which is essentially one of sprinting, jumping, throwing, and catching, with delight on their first try. In fact, it's a great exercise for honing these simple, natural movement patterns. At the same time, the advanced player's numerous distinctive and honed talents are easily recognisable and continue to grow with time and experience.

Statement of the Problem

The problem is described as follows: "A Comparative Study of psychological traits among KVS National Level Medalist and Non-Medalist Basketball, Volleyball and Handball players"

Objective of the Study

The objectives of the study were as follows:

- To compare psychological traits between KVS National level Medalist and Non-Medalist Basketball.
- To compare psychological traits between KVS National level Medalist and Non-Medalist Volleyball.
- To compare psychological traits between KVS National level Medalist and Non-Medalist Handball.

Delimitation

- A total of 210 subjects (70 subjects in each game) will be selected for the desired study.
- The study will be delimited to the students of KVS.

- The study is further delimited to the Male Sports person with the chronological age of 15 to 18 years (Under-17 group).
- The study will be confined to the following psychological variables-
  Sports competition anxiety
  Motivation

Limitation

- Diet and daily routine are regarded as research limits, and climatic temperature will also be taken into account.
- One restriction that might be mentioned is that only questionnaires will be used for data collecting.
- The participants' responses to the questionnaire might not always be truthful.
- Another drawback of the study is the students' disposition and level of interest at the time the questionnaire was filled out.

Hypothesis of the study

- There will be significant variances in psychological traits between KVS National level Medalist and Non-Medalist Basketball.
- There will be significant differences in psychological traits between KVS National level Medalist and Non-Medalist Volleyball.
- There will be significant variances in psychological traits between KVS National level Medalist and Non-Medalist Handball.

Definition & Explanation of Terms

Sports competitition anxiety

"The psychological response characterized by feelings of apprehension, nervousness, and worry experienced by athletes when facing competitive situations. It involves a complex interplay between cognitive processes, emotional states, and physiological reactions that can significantly impact an athlete's performance and overall well-being." - **Dr. Rebecca Turner**

Motivation

"The cognitive and affective processes that energize, direct, and sustain an individual's behavior towards achieving a goal. It involves the internal drives, desires, and beliefs that influence an individual's choice and persistence in pursuing certain actions or outcomes." - **Dr. Albert Bandura**

Significance of the study

- Future scholars in sports psychology and sports sciences will be able to use the study's findings as a roadmap to develop their own studies in this area.
- The study's results will result in fresh information being added to the body of current literature. This study will help athletes, trainers, and coaches create effective strategies. Additionally, it will make a significant effort to promote a healthy work environment.
- The study's conclusions will help the participants perform better by giving them a clear knowledge of how anxiety over athletic competition, motivation, self-concept, and aggression work together.
- The findings of this study will aid in understanding the competitive anxiety, motivation, self-concept, and aggression among medalist and non-medal basketball, volleyball, and handball players at the KVS National level.

CHAPTER-II

REVIEW OF RELATED LITERATURE

The related literature that the researcher has cited as well as earlier studies that have been conducted in this field have been compiled and presented in this chapter. Reviews of related literature are crucial for fully comprehending the study subject and are of utmost importance.

Prachi Malik (2019) The current study's goal was to compare the psychological characteristics of young Indian boxers who won medals and those who didn't. 60 overall; 16 medalists and 44 non-medalists (N=60) Indian junior boxers between the ages of 15 and 20 were chosen as the study's comparison group. The psychological factors used for the current investigation were trait and state anxiety, motivation, and aggressiveness. The threshold of significance for the independent T-Test used to analyse the data was set at 0.05. According to the findings, concentration (P=0.05)

Ramesh, KA (2016) studied the psychological differences between male players of cricket, hockey, and football. Ninety (N=90) male players were chosen for the study in order to accomplish this goal. Thirty (n=30) of the athletes that competed in the Anna University Inter Collegiate competition during the 2014–2015 season were chosen as subjects. These athletes played football, hockey, and cricket. The individuals' ages varied from 18 to 21 years old. Only the psychological components of aggression, social adjustment, and self-esteem were chosen as criteria variables. ANOVA was used statistically to analyse the information gathered from the three groups. To ascertain whether there was a significant difference between the matched means, Scheffe's post hoc test was used. The 0.05 threshold of significance was used in each case. The study's findings revealed a sizable disparity between football, hockey, and cricket players.

Hasan, M. et. Al, (2015) designed to contrast the players' drive for success at three distinct levels of competition in hockey. Three hundred and thirty male Indian hockey players, who competed at various levels, were chosen to participate in the study. The participants were between the ages of 17 and 25. Hockey players from intercollegiate, north-zone intervarsity, and all India intervarsity levels were divided into three strata for the study's purposes. A proportional stratified random sample procedure was used, and 100 individuals were chosen

for each stratum. One Way Analysis of Variance was used to determine the accomplishment motivation of hockey players competing at various levels.

Santosh & Jyoti (2011) undertook a research to compare the psychological profiles of male cricket players at the national and international levels from Rajasthan and Madhya Pradesh. The athletes, whose ages varied from 18 to 25, were randomly selected from the Madhya Pradesh and Rajasthan U-19 and U-22 cricket squads. The players were classified into two 49-49 player groups by the experts, one of which included cricket players from Rajasthan and the other from Madhya Pradesh. Both groups consistently compete at the national and international levels. In order to explore many facets of cricket players' sports competition anxiety and personality features, the experts employed the Rainer and Martin Sports Competition Anxiety Test and the Eysenck, Maudsley Personality Inventory questionnaires. Madhya and Rajasthan

Mudimela (2010) aimed to investigate the effect of involvement level on psychological traits as hostility, anxiety, drive for accomplishment, and performance. The study's sample consisted of 625 football players from three various levels, including inter-university, inter-district, and inter-collegiate. One-way analysis of variance and stepwise multiple regression analysis were used to analyse the data. The only areas where there were substantial variations between the three were aggressiveness, accomplishment motivation, and efficiency.

CHAPTER-III
METHODOLOGY

This chapter will address the selection of participants, choice of variables, administration and collecting of data, and statistical approach used for data analysis.

Selection of subject

For this study, 210 participants will be chosen, with 70 people each game. The subjects' ages (Under-17 group) vary from 15 to 18 years old. The subjects who are KVS members will provide the information on psychological traits.

Selection of variables

The study will be based on the results of the linked research projects' tests and the literature that is currently accessible on psychological factors. We'll choose the following psychological factors:

(a) Sports competition anxiety,

(b) Motivation

Criterion Measures

Sr. No.	Questionnaire Used	Author
1.	**Sports competition anxiety**	**R. Martin**
2.	**Motivation**	**M. L. Kamlesh/ Pratibha Deo and Asha Mohan**

Administration of test

The data will be collected by administration of the questionnaire for all psychological variables with the help of the following questionnaire:

Questionnaire Used	**Author**
Sports competition anxiety	Renier Martin
Motivation	M. L. Kamlesh/ Pratibha Deo and Asha Mohan

Collection of data

For the study, information will be gathered from 210 KVS National Level athletes in basketball, volleyball, and handball. Before the test is given, the subjects will get any necessary instructions. The subjects will get explanations of all the test processes. The tester will make sure that each subject understands the testing process and follows it with clarity when participating in tests. The subjects will receive adequate time. All test subjects will be encouraged to give the test their best effort.

Statistical analysis

- The significance of the mean difference in psychological traits between medal-winning and non-medal-winning basketball players at the KVS National level will be determined using the T-test.
- The significance of the mean difference in psychological traits between medal-winning and non-medal-winning volleyball players at the KVS National level will be determined using the T-test.
- The mean difference in psychological traits between KVS National level Medalist and Non-Medalist Handball players will be analysed using the T-test, with significance set at the 0.05 level.

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